

# JCTR BASIC NEEDS AND NUTRITION BASKET

Choma

February 2020

## (A) COST OF BASIC FOOD ITEMS FOR A FAMILY OF FIVE

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Milk (Long life)			
Mealie Meal (Roller)	143.25 25 kg bag	2 x 25Kg	286.50
Rice	77.50 5kg	4kg	62.00
Cassava Flour	12.50 1kg	6kg	75.00
(Sweet) Potatoes	6.94 1 Kg	4 Kg	27.77
Beans	27.86 1kg	3kg	83.59
Pounded Groundnut	84.58 1kg	1kg	84.58
Soya Pieces	40.71 1 kg	2kg	81.42
Beef	33.75 1kg	2kg	67.50
Chicken	63.94 2kg	5kg	159.86
Kapenta	170.17 1kg	1kg	170.17
Eggs	11.33 1 unit (10 eggs)	3 Trays (90 eggs)	101.99
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	170.68 40 Kg	40kg	170.68
Onion	12.76 1 Kg	4 Kg	51.04
Tomatoes	8.67 1 kg	6 kg	52.02
Banana	8.54 1 Kg	16 Kg	136.66
Other Fruits	21.02 1 kg	14 Kg	294.23
Cooking oil (2.5lts)	61.75 2.5lt	3.6lt	88.92
Salt	6.70 1 Kg	1 Kg	6.70
Tea	43.60 250g	250g	43.60
<b>SubTotal</b>			<b>ZMW 2,204.21</b>

## (B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	102.00 90kg bag(s)	2 90kg bag(s)	204.00
Soap (Lifebuoy/Champion)	8.83 Tablet(s)	3 Tablet(s)	26.48
Wash soap (BOOM)	11.25 400g	4 400g	44.99
Jelly (Vaseline)	22.25 500ml	1 500ml	22.25
Electricity (medium density)	477.51 Month(s)	1 Month(s)	477.51
Water & Sanitation (med - fixed)	180.00 Month(s)	1 Month(s)	180.00
Housing (3 bedroom)	1,650.00 Month(s)	1 Month(s)	1,650.00
Sanitary towels	16.95 Pack of 10	2 Pack of 10	33.90
Toilet Paper (2ply)	3.23 Tissue(s)	6 Tissue(s)	19.35
Lotion (Dawn)	23.15 250ml	1 250ml	23.15
<b>Subtotal</b>			<b>ZMW 2,681.63</b>

## **Total for Basic Needs and Nutrition Basket**

**ZMW 4,885.84**

## (C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 8-9 (User + PTA/year)	1,050.00	Kalukungu-Town	20.00
Grades 10-12 (User + PTA/year)	6,000.00	Macha Road-Town	14.00
School Uniform (Grades 1-7)	65.00		
School Uniform (Grades 8-12)	350.00		

<i>Health</i>		<i>Fuel (cost at the pump)</i>	
item	Amount (ZMW)	Item	Amount (ZMW)
Fast Track / High Cost fee	100.00	Petrol (per litre)	17.62
Mosquito net (private)	60.00	Diesel (per litre)	15.59
Malaria test	40.00	Paraffin (per litre)	15.39
Consultation Fee	100.00		

## (D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
7,015.90	3,882.02	3,873.39	4,135.23	5,855.37	5,780.44	5,703.83	4,387.82	3,886.26	5,275.80	5,168.12	5,905.06	5346.30	4885.84	5,122.10	5,437.68

### Compositions of vegetables and fruits

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples, Guavas and Oranges.

This survey was conducted on 24th February, 2020 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection Average prices were calculated on the basis of surveys conducted at spar, macha road, makalanguzu and kalukungu. The February Basic Needs Basket is approximately US\$332 based upon the exchange rate Of K14.71. Other costs would include personal care, clothing, recreation, etc.

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**JCTR Repository**

**<https://repository.jctr.org.zm>**

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Reports

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